



Your Spring Clean Your Life Goal Setting Worksheet



Spring Clean YOUR Life!

To commit to your life "Spring Clean", complete this summary sheet below:



Spring Clean Your Life GOAL-SETTING SHEET



My **3 New DAILY SUCCESS HABITS** are:

1. _____
2. _____
3. _____

My **Top 3 Goals to "Spring Clean" my Life** are:

1. I _____ by _____
2. I _____ by _____
3. I _____ by _____

The **BENEFITS to Me** of My **GOALS** are:
Think of one inspiring benefit for each Top 3 goal.

1. _____
2. _____
3. _____

My **3 KEY Action Steps** are:
Choose one KEY action for each of your Top 3 Goals.

1. _____
_____ by _____
2. _____
_____ by _____
3. _____
_____ by _____

I will LET GO of:

You might want to let go of; limiting beliefs, bad habits, energy zappers, someone in your life or something else!

1. _____
2. _____
3. _____

Signed: _____

Date: _____

THOUGHT

*"To think creatively, we must be able to look afresh
at what we normally take for granted."*

George Kneller

For personalised coaching and to learn more
about **EDGE Coaching Services** visit
<http://www.edgebarbados.com> or WhatsApp
+1(246)8426876
Here to give you the EDGE

STAY ON TRACK

Now you have completed this Summary Sheet, cut it out and put it
somewhere you will see it regularly like your fridge or bathroom mirror.